**Date:- 07/07/2025 (Monday)**

* + **What went well:-**
    - Python Ems project effective work.
    - Hardworked in ABS csv to xml
    - 70% above hardwork
  + **What to improve:-**
    - ABS-not completed
    - 70% effort not productive
    - Wasted hours in journey
    - Not given efforts on devops
    - Momentum breaks
    - Discipline disappears
  + **What I leared:-**
    - Git and github
    - Python
  + **Goal for tomorrow:-**

**□** 85% effective work ---65%

**□** 90% devops effective worK (git & github) ----66%

**☑** Good Meditation

**□** Cloth wash(Gym)

**Date:- 07/08/2025 (Tuesday)**

* + **What went well:-**
    - Git and github.
    - Python error solved
    - Time management good
    - 65% productive
    - Discipline
    - Motivated
  + **What to improve:-**
    - Very slow Performance
    - Not reached devops 90%
    - Not reached effective work 85%
  + **What I leared:-**
    - Git and github
    - Python
    - Without gym my mental health fall down.
    - Time is Valuable
    - Money is everything
  + **Goal for tomorrow:-**

**□** 85% effective work

**□** 90% devops work

**☑** Good GYM

**Date:- 07/09/2025 (Wednesday)**

* + **What went well:-**
    - Gym workout
  + **What to improve:-**
    - Very very low Performance
    - Not reached devops 90%
    - Not reached effective work 85%
    - Falling down
  + **What I leared:-**
    - Falling down become mentally week
    - Git and github
    - Project configuration (IIS, ODBC, Management portal)
  + **Goal for tomorrow:-**

**□** 70% Effective work

**□** 70% Devops work

**□** 50% Python work

**☑** Good Revenge

**☑** Meditation fix

**☑** Mitran Git-1

**Date:- 07/16/2025 (Wednesday)**

* + **What went well:-**
    - Gym workout
  + **What to improve:-**
    - Worst Performance
    - Falling down compared to last week
    - Follow Time Table Properly
  + **What I leared:-**
    - Nothing Learned
    - Linux basics
  + **Goal for tomorrow:-**

**☑** 30 Min Meditation

**☑** 2 Hours Gym

**□** 75% overall

**□** Linux 1st video complete mitran

**□** Linux 2nd video complete mitran

**□** Instant Rebate Logical Thinking

**Date:- 07/24/2025 (Wednesday)**

* + **What went well:-**
    - Git commands
  + **What to improve:-**
    - Wakeup early in the morning
    - Follow Time Table Properly
  + **What I leared:-**
    - Discipline beets motivation
    - Take action before procatination
    - Git commands Practice
  + **Goal for tomorrow:-**

**☑** 1 Hours Gym

**□** 75% overall

**□** 80% devops

**□** Git commands Complete all